

<https://caglarjuansingletary.issacertifiedtrainer.com/services-and-rates>

Caglar Singletary offers world-class personal training with a customized approach tailored to each client's specific goals and needs, rather than a "one size fits all" program^{[1] [2] [3]}. This personalized method is designed to help clients look and feel their best, leveraging the established link between fitness and overall confidence and happiness.

To learn more about his services and rates, you can contact Caglar Singletary directly by clicking the "Contact Me" button on his website or by calling (607) 731-5029^{[1] [2] [3]}. The specific pricing details for his training sessions are not listed publicly on the page; you will need to inquire for a quote based on your individual fitness objectives.

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Is he more IFBB OR NSCA?

Based on the available information, Caglar Singletary is an ISSA Certified Trainer, as indicated by his website domain ([issacertifiedtrainer.com](https://caglarjuansingletary.issacertifiedtrainer.com)) and his use of the ISSA certification branding on his official page^[4]. There is no mention of IFBB (International Federation of Bodybuilding and Fitness) or NSCA (National Strength and Conditioning Association) certification in his official bio or services page^[4]. Therefore, he is primarily associated with ISSA, not IFBB or NSCA.

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1. <https://caglarjuansingletary.issacertifiedtrainer.com/services-and-rates>
2. <https://caglarjuansingletary.issacertifiedtrainer.com>
3. <https://www.issacertifiedtrainer.com/pricing>
4. <https://caglarjuansingletary.issacertifiedtrainer.com/services-and-rates>